
TWENTY-FIRST ANNUAL REPORT

OF

THE INSPECTORS

OF THE

STATE ALMSHOUSE

AT

TEWKSBURY,

FOR THE YEAR ENDING SEPTEMBER 30, 1874.

Mass.

BOSTON:

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1875.

Commonwealth of Massachusetts.

INSPECTORS' REPORT.

To His Excellency the Governor and the Honorable Council.

The Inspectors of the State Almshouse at Tewksbury respectfully present their Twenty-First Annual Report.

The accompanying reports of the Superintendent and Physicians present in detail the history of the institution for the past year, embracing full statistics of the number and character of the inmates, of their sanitary condition, of the disbursements for their care and support, of the products of the farm, and with many interesting and valuable suggestions and recommendations from the Superintendent, with which we fully concur.

It appears that the average weekly number supported has been 885, 69 more than last year. The number of deaths has been 314, 34 less than in the previous year. The average weekly cost of supporting the inmates has been \$2.00, against \$2.04 for 1873, which is an improved exhibit, except in the increased number of inmates.

A Resolve, passed at the last session of the legislature, authorized the expenditure of \$5,000 by us, for improvements in and about the buildings, in order to promote the health and comfort of the inmates. Under this authority inside blinds have been furnished for the windows in the hospital for the sick, and water-closets have been substituted for earth-closets, and an attempt has been made to improve the ventilation of this building by introducing the external air through apertures

in the underpinning and conductors opening into registers in the floor. The building occupied by the old men has been removed from its situation between the insane hospital and the hospital for the sick, and put in position in line with the other wooden buildings on the western side of the inclosure, and preparations are being made for fencing yards for the insane patients and convalescents.

Dr. J. M. Whitaker was appointed Resident Physician in May last, in place of Dr. Nichols. He was well recommended as having had experience in care of the insane, and as possessing eminent personal qualifications for the post. We are happy to report that subsequent acquaintance with him, and our observation of his diligent and faithful attention to duty, has confirmed our satisfaction with the appointment. On the first of September he was assigned to the exclusive care of the insane, and Dr. Nichols was, with Miss Marsh, M. D., placed in charge of the sane sick. Six nurses have been added to the number on duty at the hospital. It would seem that by this addition to the medical staff, and to the corps of nurses, the wants of the sick would be duly provided for.

The needs of the institution are fully set forth by the Superintendent.

The need of increased barn room was presented in our last report, and we hope that the means for supplying this deficiency will be provided at the coming session of the legislature; and we also ask especial attention to the recommendation of the Superintendent for improved cooking accommodations for the hospital.

From the establishment of a distinct medical department for the insane, under the charge of a physician who devotes himself exclusively to their wants, it would follow logically that a separate hospital should be provided for the sick insane; and we ask attention to the urgent and forcible presentation of the importance of such a distinct hospital for this class, as it is set forth in the report of Dr. Whitaker; and we consider his recommendation for the division of rooms in the insane hospital, for the classification of the inmates, as worthy of careful consideration.

In closing our Report, we desire to express our satisfaction

with the superintendence and management of the institution for the past year, and our appreciation of the skill and fidelity of Dr. Nichols and Miss Marsh, M. D., in their attention to the sick. Although the inmates of this establishment are unfortunate in that they need the bounty of the State, they are certainly very fortunate in finding a shelter where they may be comfortable, if in tolerable health, and if sick be skilfully and tenderly cared for.

We ask for the institution the favorable consideration and bounty of the State.

F. H. NOURSE,
D. E. SAFFORD,
GEO. P. ELLIOT,
Inspectors.

TEWKSBURY, October 14, 1874.

SALARIES.

Francis H. Nourse (Inspector),	\$160 00
Daniel E. Safford (Inspector),	160 00
George P. Elliot (Inspector),	160 00
Thomas J. Marsh (Superintendent),	1,800 00.
N. F. Marsh (Matron),	300 00
Joseph D. Nichols (Physician), 8 months,	800 00
James M. Whitaker (Physician for the Insane), 5 months,	625 00
Thomas J. Marsh, Jr. (Assistant Superintendent),	1,000 00
Helen E. Marsh (Assistant Matron),	252 00
James Poor (Farmer),	600 00
John H. Cocker (Engineer),	1,183 34
Sarah E. Cocker (Assistant Matron from June 18),	72 80
Charles B. Marsh (Clerk),	600 00
James C. Poor (Assistant Farmer to April 1),	300 00
William F. Holt (Baker),	600 00
David A. Gorham (Cook),	450 00
Mary E. Gorham (Hospital Cook),	252 00
John T. B. Bailey (Assistant Farmer to May 16),	226 00
Charles E. Frost (Assistant Farmer to April 20),	200 00
Francis H. Kittredge (Assistant Farmer to May 1),	210 00
Helen M. Marsh (Assistant Physician),	799 98
Martha B. Marsh (Assistant Matron),	252 00
Charlotte A. Thomas (Assistant Matron),	252 00
Sarah W. Dalton (Assistant Matron from Sept. 18 to June 8),	181 65
Lemuel French (Supervisor of the Insane to July 17),	333 67
Marcia A. French (Supervisor of the Insane to July 17),	200 20
Charles E. Bradford (Supervisor of the Insane),	420 00
Agnes N. Bradford (Supervisor of the Insane),	204 40
Harriet H. Kimball (Assistant Matron),	252 00
N. S. Feslor (Laundress),	252 00
Warren Frost (Assistant Farmer),	357 56
Mary E. Burbank (Cook),	252 00

Gardner S. Pasho (Nurse),	\$410 00
Catherine M. B. Pasho (Assistant Nurse from Oct. 6), .	205 04
Ella A. Forsyth (Nurse to April 15),	135 80
Thaxter Reed (Watchman),	360 00
Clarence B. Sanborn (Gatekeeper),	300 00
Henry E. Frost (Assistant Farmer from Sept. 17 to Feb. 1),	110 83
Emmons French (Supervisor of the Insane from April 23),	184 33
Francis M. French (Supervisor of the Insane from April 23),	110 60
Hiram N. Luce (Assistant Farmer from March 30), .	155 83
John H. Clark (Assistant Farmer from April 17), .	81 94
Sarah McKinnon (Assistant Nurse from May 7), .	83 77
William A. Bradford (Assistant Nurse from May 25 to Aug. 19),	56 78
Gorham G. Jones (Assistant Farmer from April 27), .	128 33
Frank W. Green (Assistant Farmer from May 11 to July 1),	42 50
Thomas J. Hall (Assistant Farmer from June 14), .	65 00
Ida M. Kingsley (Assistant Nurse from June 23), .	57 18
Susan P. Wardwell (Nurse from June 18),	83 75
Agnes Calder (Nurse from June 25),	69 57
Thomas F. Carey (Assistant Farmer from July 16 to Aug. 15),	25 84
Lemuel French (Nurse from July 28),	52 42
Asa M. Peabody (Assistant Nurse from Aug. 31), .	25 81
Ellis Libby (Assistant Farmer from Aug. 24), .	31 45
John W. Lawrence (Assistant Nurse from Sept. 8), .	15 33

\$16,500 70

Live Stock,	\$9,390 00
Carriages and agricultural tools,	5,068 25
Machinery and mechanical tools,	29,591 10
Beds and bedding,	19,123 45
Other furniture and property,	11,454 31
Personal property in Superintendent's department,	8,419 80
Ready-made clothing,	10,482 75
Dry goods,	1,145 48
Drugs and medicines,	1,085 52
Provisions and groceries,	2,930 52
Fuel,	14,237 50
Library,	855 00
Products of the farm on hand,	12,161 65
	<hr/>
	\$125,945 33
Real estate (buildings),	\$210,350 00
Land,	23,290 00
	<hr/>
	233,640 00
	<hr/>
	\$359,585 33

This is to certify that the foregoing is a true schedule and appraisal of the personal property and real estate at the State Almshouse at Tewksbury belonging to the State of Massachusetts September 30th, 1874.

The appraisal was made by us and is correct according to our best judgment.

(Signed)

PEDRICK & GLOSSON,
Appraisers.

Then personally appeared before me Wm. R. Pedrick, and made oath that the foregoing schedule and appraisal is correct, according to his best knowledge and belief.

ESSEX ss. Before me this third (3d) day of October, 1874.

(Signed)

WM. S. KNOX,
Justice of the Peace.

SUPERINTENDENT'S REPORT.

To the Inspectors of the State Almshouse at Tewksbury.

GENTLEMEN :—I present herewith the Twenty-First Annual Report of this institution, which is the seventeenth submitted during my superintendency.

This Almshouse was first opened for the reception of inmates on the first day of May, 1854, in accordance with a proclamation of His Excellency, the governor. In twenty days from that date, it had nearly 800 inmates, and in the first seven months 2,193 were admitted, the weekly average for that period being 705.

The population gradually increased till the winter of 1857, when, for a short time, it exceeded 1,200. It then gradually diminished till the outbreak of the Rebellion, the yearly average for 1860 being but 668, which is the smallest on its record.

With the exception of 1861–2, when the consequences of war were severely felt, it remained nearly stationary, at a little over 700, till the closing of the other almshouses and large transfers from the lunatic hospitals so swelled its numbers, that the average of the past year has reached 885, notwithstanding the strenuous and successful efforts of the General Agent in effecting removals.

During this period of twenty-one years, through the action of the legislature, the purposes of this institution have been materially changed, and a corresponding difference in the character of its inmates has necessarily resulted.

The crowds of robust men and women, who furnished an excess of labor, especially in the season when it was not required, have entirely disappeared.

The hundreds of healthy children, who formed nearly half of our number, have been provided for elsewhere.

The productive power has been almost withdrawn from us, while a most expensive class of consumers has been added.

In fact, this institution can hardly be longer called a poor-house, in the ordinary sense of that term; but rather a combination of an asylum for the demented, an infirmary for the sick, and a nursery for doomed and dying foundlings.

Hence, any comparison of its present with its earlier past is not only incongruous, but eminently unjust. The elements are quite dissimilar—as to production and expenditure, to hygiene and mortality, and to the discipline and morale of its inmates. Its census shows that forty per cent. are patients deemed by experts to be hopelessly insane; that fifteen per cent., besides the foregoing, are hospital patients; and that twelve per cent. more are foundlings or children under four, making in these classes of defectives or dependants sixty-seven per cent. of the entire population, while nearly all the remaining thirty-three per cent. are incapacitated by age, or some infirmity of mind or body.

From these feeble and nerveless frames, what remunerative capacity can be expected? From these decaying bodies and extinguished minds, who can hope for agreeable emanations, or look for incitements to cleanliness? The clean cannot be brought out from the unclean; wherever these parties go, an atmosphere of impurity surrounds them. In the best appointed hospital, in the almshouse, in the private dwelling, in the cars, and even in the street, they have ever present with them the recognizable and nauseous evidence of their own decay. Daily and hourly toil on the part of the attendants will not entirely remove it, for its generation is more unremitting than any human care can possibly be. We can abate, but we cannot eradicate it.

For these hundreds of worn-out beings who come here to die, emaciated, paralytic, consumptive, syphilitic, laden with all the ills that flesh is heir to, who can expect exemption from the decree of nature, or even to protract for any considerable time the hour that must inevitably come to all?

If, on entering our gates, hope is left behind by any, it is only the hope of that life which their own misdoings, or the

will of Providence, denies them longer, and not the hope of ending their days in peace, in the retreat that the bounty of the State provides for them, attended by kind physicians, and surrounded by such comforts as our allotted means permit us to bestow.

I have made these remarks, gentlemen, because severe strictures have been uttered upon the sanitary condition of this institution and its rate of mortality, which I feel to be eminently unjust, under the circumstances in which we are placed. You have anxiously labored to do all in your power, with the limited means placed at your disposal, to remedy the inevitable and almost incurable evils of which I have spoken. I have earnestly seconded your efforts. Any lack of success is not due to indifference or apathy, but simply to circumstances beyond our control.

We cannot move without legislation. The state treasury is not at our command. The policy defined for us by our superiors, excellent of its kind, and admirably adapted to the earlier condition of this institution and its population of that date, has been entirely unsuited to the changed order of things.

The diet provided for the robust pauper and sturdy tramp, is not fit for our great assembly of invalids and insane. The limited means allowed us to procure nurses and medical attendance, have been entirely insufficient for the results expected from us. We have been, and are to-day, destitute of the proper facilities for preparing the food deemed by competent judges with whom we have advised, necessary for the best interests of our invalids.

It is only till late in the present year that any additional provision has been made by the legislature to meet these emergencies, and, as you are aware, these are entirely insufficient. You have, however, acted with promptness and alacrity in carrying out the wishes of the Board of State Charities, and the apparent intent of the legislature.

As will appear hereafter, you have appointed an additional physician, of skill and experience, for the special benefit of the insane.

You have employed additional nurses, and made or arranged for such changes for sanitary purposes, and for

improved ventilation, as your present means will allow. Before any farther steps can be taken, the consent of the legislature and the necessary appropriations must be secured.

To the end that nothing on my part may be lacking to promote the best interests of our unfortunate charges, I now proceed to a plain statement of what I judge necessary to carry out the new policy proposed.

1. The first necessity is a new hospital kitchen, with proper apparatus for preparing at any notice, or in any emergency, whatever may be ordered for their patients by the attending physicians. The present arrangements are exceedingly defective. A small room, eighteen by nine, contains our scanty conveniences for preparing all the different articles required by three hundred invalids. This will, in my judgment, be provided most economically and serviceably, by fitting up the present bakery for this purpose and establishing a new bakery in some other locality.

2. There has long been a great deficiency of milk, which is so indispensable for the proper nutrition of children and the insane. The quantity produced the past year averages about sixty-five gallons per day, or but little over half a pint for each person on the premises. This amount should at least be doubled. It is not desirable to buy it outside, for we cannot depend on its quality or condition of freshness. It is, moreover, much cheaper to make it, especially in view of the benefit accruing to the farm. But the obstacle of past years remains. We have no barn room. This deficiency has been repeatedly pointed out in former reports, but has for some reason been overlooked. I trust you will make an appeal to the legislature for this pressing need, and that our invalids may hereafter receive a full supply of the cheap and nutritious diet called for by their medical supervisors. Appended to this Report will be found a revised diet-table, prepared for the ensuing year.

3. The Superintendents of the Lunatic Hospitals, called by you in consultation, have announced that there is need of separate hospital accommodations for the sick insane. The propriety of this measure is too obvious for argument. In recommending it, I beg to call your attention to the necessity of furnishing, at the same time, suitable quarters

for cases of delirium tremens, for which there is now no adequate provision.

4. It is apparent that a larger appropriation than heretofore will be necessary for the future, to carry out the new measures of humanity proposed. But it must not be forgotten that if we can accommodate some hundreds of the insane upon these premises, a much larger sum than we shall expend will be saved to the State in its payments to the lunatic hospitals.

During the year, the whole western wing of the almshouse has been renovated, having been wholly re-painted and re-floored, and most of it re-plastered. The attic floor has been removed, giving lofty halls on the third floor, with free ventilation, and the building for the insane has been repaired and its ventilation improved, all of which has been done from the regular appropriation.

The hospital for the sick has been furnished with inside blinds and free ventilation, and water-closets have been substituted for earth-closets.

It is further proposed to inclose large yards for the insane receptacle, and the male and female hospitals, for which the fencing material has been provided. A new and convenient depot-carriage has also been ordered, with especial reference to the comfort of the sick and feeble.

The general results of the farm have been satisfactory, especially in the production of hay and fodder, of which 136½ tons have been secured. Its capacity as a grass farm is excellent, and six acres more have been laid down the present year. It remains under the intelligent and skilful management of Mr. James Poor, who has served the State for sixteen years as our head farmer. With the additional barn room requested, the products can be easily increased, and proper shelter be provided for our carriages, which is very much needed.

The whole number supported during the year has been 3,086, which is less by 362 than appears in Table No. 2, the latter number being nominal admissions under the Act of 1860.

The average weekly number has been 885, an increase of 69, or 8½ per cent. over last year.

The number of persons sentenced to the State Workhouse is 289, and with them have been sent 19 infants, of mothers sentenced; 179 persons have been transferred to the institution at Monson.

The number of deaths has been 314,—less by 34 than in 1873, and with all the drawback of our invalid population, the rate of mortality is less proportionally than with the better class of inmates of 1854.

There are remaining in the institution at the present time 805, being 43 more than at the beginning of the year. The remainder have been removed by the General Agent of the Board of State Charities, or discharged at their own request.

The total amount drawn from the treasury for

the current expenses of the year has been	.	\$93,282	47
Received for articles sold,	.	\$840	51
“ from effects of inmates who			
have died or absconded,	.	295	64
			<hr/>
			1,136 15

Making the gross expenditure,	.	.	.	\$92,146	32
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Dividing the gross expenditure (\$92,146.32) by the average weekly number (885), we have (\$104.12) the annual cost of each inmate, which is a weekly cost of \$2.00.

Under the charge of Joseph D. Nichols, M. D., James M. Whitaker, M. D., appointed May 1st, and afterwards assigned to the exclusive charge of the insane, and Helen M. Marsh, M. D., the medical department has been conducted with skill and discretion, under circumstances most trying to any practitioner. Considering the most discouraging nature of the cases intrusted to them, it is less surprising that so many have died than that so many have recovered.

The duties of chaplain have been performed in rotation by Rev. Messrs. Fletcher and Colby, of Billerica, and French and Thomas, of Tewksbury, and religious services have been held on every Sabbath in the year, save one or two, when storms have prevented. The Rev. Messrs. Reardon and Buckle, of Lowell, have ministered to those of the Catholic faith, visit-

ing the hospitals for that purpose weekly, and oftener when their services were required.

The successful performance of the duties of Superintendent must largely depend on the fidelity and efficiency of his subordinates, and the confidence and coöperation of his supervising board. Recognizing my obligations to the former, I thank you, gentlemen, most heartily, for your continued interest in this institution, and the cordial encouragement and support I have always received at your hands.

THOS. J. MARSH,

Superintendent.

STATEMENT NO. 1.

Statistics of Department of the Insane.

	Total.	Male.	Female.
Remaining in this department September 30, 1873,	303	84	219
Admitted during the year,	106	45	61
Discharged during the year,	42	18	24
Deaths during the year,	42	11	31
Desertions during the year,	6	6	—
Whole number admitted,	1,329	549	780
Whole number discharged,	809	359	450
Remaining in this department September 30, 1874,	319	94	225

STATEMENT NO. 2.

Number in the house at the commencement of the year,	762
Admitted during the year,	2,686
Discharged during the year,	2,643
Supported during the year,	3,448
Deaths during the year,	314
Births during the year,	52
Weekly average,	885
Present number,	805

Of the 2,686 admitted during the year there were from—

Boston,	1,394
Tewksbury,	251
Lowell,	154
Fall River,	74
Lawrence,	70
Worcester,	64
Salem,	62
Births,	52
New Bedford,	34
Springfield,	29
Haverhill,	26
Taunton,	24
Cambridge, Northampton Lunatic Hospital, and Worcester Lunatic Hospital, 19 each,	57
Lynn,	15
Hyde Park,	14
Adams and State Primary School, 13 each,	26
Fitchburg,	12
Provincetown,	11

Gloucester,	10
Athol, Russell, Somerville and Webster, 9 each,	36
Chelsea and Chicopee, 8 each,	16
Andover, Holyoke, Northampton and Newton, 7 each,	28
Charlestown, Franklin, Malden, Methuen, Newburyport, Stoneham, Southwick and Waltham, 6 each,	48
Clinton, Danvers, Gardner, Pittsfield, Quincy and Wareham, 5 each,	30
Billerica, Deerfield, Needham, North Andover, Taunton Lunatic Hospital, Westfield and Wilmington, 4 each,	28
Amesbury, Attleborough, Holliston, Leominster, Palmer, Scituate, Wakefield, West Stockbridge and Winchendon, 3 each,	27
Becket, Berkley, Bridgewater Workhouse, Brookfield, Cheshire, Dartmouth, Dedham, Granville, Holden, Ipswich, Lee, Marble- head, Monson, Oxford, Plymouth, Raynham, Sherborn, West Roxbury, Woburn and Stockbridge, 2 each,	42
Abington, Arlington, Ayer, Barre, Brockton, Brimfield, Buckland, Carlisle, Dudley, Dunstable, Easthampton, Easton, Grafton, Hop- kinton, Harvard, Hatfield, Framingham, Hanover, Lexington, Lenox, Maynard, Marlborough, Medford, Melrose, Milford, Na- tick, Northbridge, North Reading, North Bridgewater, Oakham, Peabody, Princeton, Reading, Rockport, Saugus, Sandisfield, Sheffield, Shutesbury, Southbridge, Spencer, Stoughton, South- borough, Sturbridge, Swansea, Watertown, Ware, Walpole, Winchester, West Boylston, West Springfield, West Warren and Wilbraham, 1 each,	52
	<hr/> 2,686

The following table shows the number admitted each month, sex and age:—

MONTHS.	Total.	Males.	Females.	Under 10.	Between 10 and 20.	Between 20 and 30.	Between 30 and 40.	Between 40 and 50.	Between 50 and 60.	Between 60 and 70.	Between 70 and 80.	Over 80.
October, .	176	104	72	29	18	42	27	22	13	12	9	4
November, .	286	189	97	40	35	81	49	33	21	20	5	2
December, .	263	181	82	37	29	80	47	25	25	11	6	3
January, .	265	203	62	31	40	92	49	23	16	10	2	2
February, .	173	110	63	22	17	50	28	21	9	11	11	4
March, .	157	108	49	22	15	53	24	18	11	9	4	1
April, .	168	91	77	47	18	46	18	15	10	6	6	2
May, .	142	82	60	31	7	28	31	16	10	11	6	2
June, .	176	100	76	44	14	41	31	15	15	9	5	2
July, .	199	120	79	57	27	40	34	18	10	8	4	1
August, .	154	98	56	42	12	30	26	16	12	10	4	2
September, .	527	308	219	113	59	146	94	42	31	25	10	7
Total, .	2,686	1,694	992	515	291	729	458	264	183	142	72	32

STATEMENT NO. 3.

Nativity of Inmates.

Ireland,	941
Massachusetts,	534
England,	249
British Provinces,	247
Maine,	104
New York,	94
Scotland,	74
New Hampshire,	48
Rhode Island,	35
Pennsylvania,	33
Germany,	30
Connecticut,	28
Vermont,	23
Virginia,	22
France,	18
Sweden,	17
New Jersey and Western Islands, 9 each,	18
North Carolina,	8
Denmark,	7
Switzerland,	6
Africa, Illinois, Maryland, Ohio, South Carolina and West Indies, 5 each,	30
District of Columbia, Florida and Poland, 4 each,	12
Italy and Norway, 3 each,	6
At sea, Austria, Belgium, Georgia, Holland, Kentucky, Mexico, Michigan, Portugal, South America, Spain, Tennessee, Wales and Wisconsin, 2 each,	28
Alabama, Bohemia, California, China, East Indies, Gibraltar, Louisiana, Mauritius, Missouri, New Zealand, Saint Helena, Texas and Turkey, 1 each,	13
Unknown,	61
	<hr/> 2,686

STATEMENT NO. 4.

Cash Disbursements.

Beans, 254 $\frac{2}{6}$ $\frac{2}{2}$ bushels,	\$628 60
Beef (fresh), 66,536 $\frac{3}{4}$ pounds,	4,863 36
Beef (salt), 136 barrels,	1,573 90
Books, newspapers, postage and stationery,	501 53
Brooms, 30 dozen,	118 88
Carriages and wagons,	297 80
Cement, lime and plaster,	219 70
Chaplain, services of,	258 00

Clothing,	\$3,084 19
Coal, 1,336 tons; 128 bushels charcoal,	10,619 87
Coffee, 370 pounds,	116 44
Corn, 2,100 bushels,	1,845 54
Cotton cloth, 9,676 $\frac{3}{4}$ yards,	1,263 11
Consulting physician, services of,	85 00
Crockery and glassware,	464 96
Dry goods,	2,547 74
Expressage,	161 00
Fertilizing compounds,	500 62
Flour, 1,598 barrels,	12,377 50
Fish (salt and fresh), 47,497 pounds,	1,959 36
Furniture,	1,158 56
Gasoline, 4,265 gallons,	1,066 27
Groceries,	952 31
Hardware,	616 57
Hay (English), 118 $\frac{51}{100}$ tons,	2,525 89
Hay (meadow) 29 $\frac{118}{100}$ tons,	521 62
Hops, 159 pounds,	71 88
Improvements,	3,536 62
Labor,	950 08
Live stock,	765 00
Lumber,	1,498 19
Meats and provisions,	1,310 55
Medicines,	1,044 00
Meal (cotton seed), 2 tons,	60 00
Molasses, 1,310 gallons,	610 84
Oats, 550 bushels,	375 50
Oil, 299 $\frac{1}{2}$ gallons,	228 55
Paints, oils and colors,	354 49
Painting,	356 25
Pasturage,	100 00
Pepper, 229 pounds,	80 15
Pease, 91 $\frac{5}{6}$ bushel,	161 05
Repairs,	2,828 31
Rice, 4,857 $\frac{1}{16}$ pounds,	412 91
Rye, 39 $\frac{2}{6}$ bushels,	47 94
Salaries,	16,500 70
Salt,	194 60
Seeds,	317 56
Shoe stock and tools,	190 77
Shorts, 22 $\frac{145}{100}$ tons,	471 75
Shoes,	1,607 59
Smithwork,	114 13
Soap, 15,315 pounds,	769 25
Starch, 875 pounds,	89 60
Stoves,	278 48
Straw, 43 $\frac{163}{100}$ tons,	1,050 50
Sugar, 17,668 pounds,	1,733 17

Tea, 2,926 pounds,	\$1,477 34
Tinware,	115 50
Tobacco, 944 pounds,	492 51
Tools, agricultural,	269 18
Trial justice, services of,	339 00
Transportation of freight,	1,031 79
Transportation of passengers,	238 29
Vinegar,	4 50
Woodenware,	108 47
Wood, 245 $\frac{1}{4}$ cords,	767 16
		<hr/>
		\$93,282 47

STATEMENT NO. 5.

Products of the Farm.

English hay and millet, 115 $\frac{3}{4}$ tons.	Leeks, 15 bushels.
Second crop hay, 5 tons.	Martynias, 2 bushels.
Meadow hay, 111 $\frac{90}{100}$ tons.	Peppers, 2 bushels.
Oat fodder, 15 tons.	Grapes, 7 bushels.
Corn fodder, 6 tons.	Celery, 200 heads.
Potatoes, 3,100 bushels.	Cantelope melons, 300.
Cabbage, 11,200 heads.	Melons, 300.
Cabbage (red), 150 heads.	Cauliflower, 300 heads.
Roots, 95 tons.	Apples, 175 barrels.
Flat turnips, 300 bushels.	Millet seed, 4 barrels.
Beets, 75 bushels.	Pickles, 8 barrels.
Sweet corn, 50 bushels.	Chickens, 100.
Tomatoes, 75 bushels.	Ice, 150 tons.
Onions, 100 bushels.	Manure, 100 cords.

The Meats slaughtered from the Stock of the Farm amount to—

Pork, 18,323 pounds.	Hides, 522 pounds.
Beef, 4,610 pounds.	Calfskins, 75 pounds.
Veal, 780 pounds.	

Dairy Products, &c.

Milk, 23,713 gallons.	Eggs, 1,247 dozen.
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STATEMENT NO. 6.

COMMONWEALTH OF MASSACHUSETTS in account with THOMAS J. MARSH, Superintendent.

Cr.

Dr.

1873. Oct. 1,	To balance of appropriation, 1873,	\$22,012 67	1873. Oct. 31, Nov. 30, Dec. 30,	By cash paid for supplies, " " " " unexpended balance,	\$7,984 14 8,979 82 4,690 46 358 25
		\$22,012 67				\$22,012 67
1874. June 10,	To amount of appropriation, Chap. 17, Sect. 1, Acts of 1874, . . . To amount of appropriation, Chap. 319, Sect. 1, Acts of 1874, . . .	\$89,500 00 3,500 00	1874. Jan. 31, Feb. 28, Mar. 31, Apr. 30, May 31, June 30, July 31, Aug. 31, Sept. 30,	By cash paid for supplies, " " " " " " " " " " " " " " " " unexpended balance,	\$9,919 44 4,749 50 4,297 53 14,956 22 10,842 01 6,002 56 7,825 62 5,073 12 7,962 05 21,371 95
		\$93,000 00				\$93,000 00

STATEMENT NO. 6—Continued.

COMMONWEALTH OF MASSACHUSETTS in account with THOMAS J. MARSH, Superintendent.

Dr. Cr.

1873. Oct. 1,	To amount on hand, amount received for articles sold, amount received from effects of in- mates who have died or absconded,	1874. Oct. 1,		By cash paid State Treasurer, .	\$2,462 14
		\$1,325 99 840 51 295 64 \$2,462 14			
					\$2,462 14

THOS. J. MARSH, Superintendent.

This may certify that we have examined the foregoing account of Thomas J. Marsh with the Commonwealth, and find the same correctly cast and properly vouched.

F. H. NOURSE,
DAN'L E. SAFFORD, }
GEO. P. ELLIOT, } Inspectors.

STATEMENT NO. 7.

Dietary Table.

Appended herewith is a diet-scale, which was prepared by a committee consisting of George P. Elliot, one of the Inspectors; James M. Whitaker, M. D., Physician, and the Superintendent, and approved by the Board of Inspectors.

General House Diet.

BREAKFAST.—Coffee, shells or cocoa, with sugar and milk, white or graham bread.

DINNER.—Thursday of each week, fresh roasted or baked meats, say beef, mutton or pork, with vegetables, as the season may allow, to all the inmates of the house except the sick. Upon all other days, the diet for dinner shall remain as at present.

SUPPER.—Tea, cocoa or shells, with sugar and milk, and white or graham bread, or gingerbread.

Hospital Diet.

BREAKFAST.—For each day in the week, coffee, shells or cocoa, with sugar and milk, eggs (at the discretion of the physician), bread (flour or graham) and butter.

DINNER.—*Monday.*—Plain soup, potatoes, pudding and bread.

Tuesday.—Boiled fish, vegetables, plain boiled rice and bread.

Wednesday.—Vegetable soup, pudding and bread.

Thursday.—Same as Monday.

Friday.—Same as Tuesday.

Saturday.—Stewed meat and vegetables, pudding and bread.

Sunday.—Baked potatoes, bread and butter and pie.

Roasted or boiled chicken, or beef-steak, may be furnished to any patient for dinner on Monday, Wednesday and Friday, and roasted or boiled mutton on Tuesday, Thursday and Saturday of each week, by order of the attending physician.

SUPPER.—Tea, shells or cocoa, with sugar and milk (at the discretion of the physician), bread and butter.

Chicken broth may be furnished to any patient for supper on Monday, Wednesday and Friday, and mutton broth on Tuesday, Thursday and Saturday of each week instead of other drink, by order of the attending physician.

Gruel, prepared from Indian or oat meal, sago, tapioca, corn starch, arrowroot, rice or flour, with or without bread, may be furnished to any patient at any meal instead of other food, by order of the attending physician. Only one kind of gruel shall be prepared for any one meal.

But it is distinctly understood, that in any emergency, the attending physicians shall have the unrestricted right to order what they shall deem necessary for the interests of the patient, anything herein to the contrary notwithstanding.

Hours for Meals, Rising and Retiring.

The following hours for meals, rising and retiring have been approved by the Board of Inspectors :—

Rising and Retiring.

From the 1st October to the 1st April, the rising bell will be rung at 5.30, A. M., and the retiring bell at 8, P. M.

Meals.

- BREAKFAST.** For officers, 6, A. M.
For men in hall and insane, 6.30, A. M.
For women in hall and all except hospitals, 7, A. M.
For hospitals, 7.30, A. M.
- DINNER.** For officers, 12, M.
For men in hall and insane, 12.30, P. M.
For women in hall and hospitals, 1, P. M.
- SUPPER.** For women in hall, insane and hospitals, 5, P. M.
For men in hall, 5.30, P. M.
For officers, 6, P. M.

From April 1st to October 1st, the supper hours will be half an hour later, and the rising bell will be rung half an hour earlier.

PHYSICIAN'S REPORT.

To the Inspectors of the State Almshouse at Tewksbury.

GENTLEMEN :—I have the honor to present you the Twenty-First Annual Report of the Medical Department of this institution.

During the year just closed we have for the first time during the last four years escaped the annual visitation of the small-pox. We did, indeed, have one case sent to us last fall, but it was promptly met at the gate and not allowed to enter and leave its *serpent trail* to poison us with its infection. By this timely vigilance the danger was averted and the winter passed away without any recurrence of this loathsome malady.

We have had no unusual sickness during the year. We have been preserved from "the pestilence that walketh in darkness," and from "the destruction that wasteth at noon-day." Our bill of mortality, although ge, has been much smaller than for the last two years. Our number of deaths has been 314,—42 of which were among the insane.

The following table will give the statistics with regard to the foundlings, and I am sorry to add that you will find it little but a repetition of the old story of when they were received, and when they died :—

N A M E S .	Age.	Admitted.	From.	Departure.
1873.				
Helen West, . . .	2 weeks,	Nov. 8,	Boston, . . .	Died, Nov. 18, 1873.
Delia Gray, . . .	4 " "	11,	" . . .	Jan. 3, 1874.
Alice Lane, . . .	4 " "	Dec. 25,	" . . .	Dec. 28, 1873.
Ira Warren, . . .	3 " "	4,	Charlestown, . .	Apr. 6, 1874.
Fannie Worcester, . .	3 " "	4,	Worcester, . .	Jan. 10, "
Hannah Wood, . . .	6 " "	26,	Boston, . . .	Mar. 19, "
1874.				
Guy Lovegrove, . . .	3 months,	Jan. 13,	Boston, . . .	Died, Mar. 19, 1874.
Alice M. Snow, . . .	1 month,	13,	Cambridge, . .	July 10, "
John Grandson, . . .	6 weeks,	19,	Boston, . . .	June 16, "
Alfred Fannel, . . .	4 months,	20,	" . . .	Feb. 14, "
Eugene L. Forest, . .	3 weeks,	30,	Salem, . . .	May 8, "
Augustus Moody, . .	3 months,	Feb. 21,	Lowell, . . .	- -
John Murray, . . .	7 " "	Mar. 13,	Cambridge, . .	May 31, "
Summer Marr, . . .	1 month,	21,	Boston, . . .	June 16, "
John Logan, . . .	9 days,	Apr. 17,	" . . .	Apr. 29, "
Louis Moot, . . .	1 week,	17,	" . . .	29, "
Jennie Cheeney, . .	5 months,	27,	" . . .	June 23, "
Caroline Howard, . .	3 weeks,	May 8,	" . . .	May 19, "
Henry R. Kelley, . .	1 month,	20,	Springfield, . .	July 1, "
Lizzie Reardon . . .	6 weeks,	June 15,	Boston, . . .	June 15, "
Ruth Foster, . . .	1 month,	16,	" . . .	July 3, "
Elizabeth Taylor, . .	3 weeks,	20,	" . . .	11, "
Gertrude Clark, . .	14 " "	24,	" . . .	14, "
Charles Webster, . .	4 " "	25,	" . . .	13, "
Kate Merrill, . . .	5 " "	29,	" . . .	20, "
Agnes Fisher, . . .	2 " "	July 7,	" . . .	14, "
Titus Auber, . . .	-	11,	" . . .	18, "
Edward Davis, . . .	8 months,	14,	Lowell, . . .	23, "
Tyler Cobbold, . . .	2 " "	21,	Boston, . . .	Aug. 4, "
John Smith, . . .	5 weeks,	30,	" . . .	28, "
Jeanette Mattuck, . .	3 months,	Aug. 3,	" . . .	Sept. 1, "
Charles Morrow, . .	3 days,	12,	" . . .	13, "
Humphrey Ring, . . .	3 weeks,	29,	" . . .	- -
John Richmond, . . .	2 months,	Sept. 3,	New Bedford, . .	Sept. 21, "
Arthur Bartlet, . . .	2 " "	7,	Lowell, . . .	28, "
Maggie Mahony, . . .	8 " "	12,	Boston, . . .	22, "
Charles C. Cartel, . .	1 week,	14,	" . . .	28, "
John Walker, . . .	2 weeks,	22,	Lowell, . . .	- -
Myron Life, . . .	3 " "	22,	Boston, . . .	- -
William Pitts, . . .	2 months,	29,	Pittsfield, . .	- -

To Helen M. Marsh, M. D., I wish to renew my obligations for her services as Assistant-Physician. In conclusion, gentlemen, permit me to offer my thanks to you, and to the Superintendent, for favors received.

J. D. NICHOLS, *Physician.*

TABLE No. 1—Concluded.

DISEASES.	TOTAL.	October.	November.	December.	January.	February.	March.	April.	May.	June.	July.	August.	September.
<i>Diseases of the Alimentary Canal.</i>													
Cancerum Oris,	1	-	-	-	1	-	-	-	-	-	-	-	-
Cholera Infantum,	3	-	1	-	-	-	-	1	-	-	-	-	1
" Morbus,	1	-	-	-	-	-	-	-	-	-	-	-	1
Diarrhoea,	128	20	1	1	1	3	3	1	4	13	49	19	13
Gastritis,	6	-	-	-	-	2	-	-	-	-	1	1	2
Hemorrhoids,	3	1	1	-	-	-	-	1	-	-	-	-	-
Jaundice,	2	-	1	-	-	-	-	-	-	-	-	1	-
<i>Diseases of Thorax.</i>													
Asthma,	4	-	-	1	-	2	-	-	1	-	-	-	-
Bronchitis,	24	2	4	1	1	7	5	3	-	-	-	-	1
Empyema,	1	-	1	-	-	-	-	-	-	-	-	-	-
Heart Disease,	10	1	1	-	-	1	1	1	1	2	1	1	-
Congestion of Lungs,	1	1	-	-	-	-	-	-	-	-	-	-	-
Phthisis,	108	16	6	6	12	10	6	14	7	12	5	9	5
Pleurisy,	7	1	2	1	1	1	1	-	-	7	-	-	-
Pneumonia,	26	-	1	1	1	-	1	1	7	7	3	3	1
<i>Diseases of Nervous Centres.</i>													
Alcoholismus,	31	8	-	4	-	1	3	5	-	-	2	3	5
Apoplexy,	4	2	1	1	-	-	-	-	-	-	-	-	-
Convulsions,	2	-	1	-	-	-	-	-	-	-	-	-	1
Epilepsy,	27	2	3	4	-	2	2	5	3	2	1	1	2
Hydrocephalus,	2	2	-	-	-	-	-	-	-	-	-	-	-
Neuralgia,	4	-	-	-	-	-	-	-	-	1	-	-	3

Paralysis,	42	12	4	—	—	3	4	2	3	3	3	3	3	5
Softening of Brain,	5	1	—	—	—	1	—	1	—	—	—	—	—	—
Spinal Disease,	3	2	—	—	—	—	—	—	—	—	—	—	—	—
Typanitis,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
<i>Skin Diseases.</i>														
Erysipelas,	19	4	2	3	2	—	—	1	—	—	—	—	—	1
Lupus,	1	1	—	—	—	—	—	—	—	—	—	—	—	—
Small-pox,	1	1	—	—	—	—	—	—	—	—	—	—	—	—
Urticaria,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
Lepra,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
Scabies,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
<i>Surgical Diseases.</i>														
Abscess,	4	—	—	2	—	—	—	1	—	—	—	—	—	1
Burns, Bruises and Sores,	99	20	9	13	12	5	11	7	4	—	—	—	—	4
Felon,	1	1	—	—	—	—	—	—	—	—	—	—	—	—
Carbuncle,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
Cyst. Vag. Fistula,	1	—	—	—	—	—	—	—	—	—	—	—	—	—
Dislocation,	2	1	—	—	—	—	—	—	—	—	—	—	—	—
Fracture,	19	3	2	2	1	2	2	2	2	—	—	—	—	1
Frostbite,	14	—	1	3	6	2	—	2	—	—	—	—	—	—
Morbus Coxarius,	2	—	—	—	—	—	—	—	—	—	—	—	—	—
Necrosis,	7	1	1	1	—	—	—	1	1	—	—	—	—	—
Sprain,	6	1	1	1	—	—	—	—	—	—	—	—	—	—
Tumor,	2	—	—	—	—	—	—	—	—	—	—	—	—	—
Ulcer,	7	—	1	2	1	1	1	1	—	—	—	—	—	—
Miscellaneous,	5	—	—	—	—	—	—	2	—	—	—	—	—	—
Total,	1,213	198	94	96	90	90	87	100	73	86	104	88	107	
Average No. on sick list,*	146	139	137	142	143	152	163	156	—	—	—	—	133	

* For eight months. No weekly record for May, June, July and August (four months).

[illegible]

TABLE No. 3.

Showing the Number of Births in the Tewksbury State Almshouse, during each Month, from October 1, 1873, to September 30, 1874, the Sex, whether Illegitimate, Twins, or Still-born, and the Birthplace of the Mothers.

MONTHS.	Total.	Males.	Females.	ILLEGITIMATE.			Twins.	Still-born.	BIRTHPLACE OF MOTHERS.				
				Males.	Females.	Total.			United States.	Ireland.	England.	British Prov- inces.	Other Coun- tries.
October. .	7	2	2	2	2	4	-	3	1	2	1	-	-
November, .	5	1	4	-	1	1	-	-	1	2	-	-	2
December, .	4	2	1	2	1	3	-	1	-	2	-	1	-
January, .	4	2	2	1	2	3	-	-	1	2	-	-	1
February, .	2	-	1	-	1	1	-	1	1	-	1	-	-
March, .	5	1	3	-	2	2	-	1	1	2	-	1	-
April, .	3	1	2	1	2	3	-	-	1	-	-	1	1
May, .	5	2	2	-	2	2	-	1	2	-	-	2	-
June, .	5	2	3	-	-	-	-	-	1	2	1	-	1
July, .	10	5	4	2	3	5	-	1	4	5	-	-	-
August, .	6	4	1	4	-	4	-	1	2	2	-	1	-
September, .	5	3	2	-	4	4	-	-	1	3	-	-	1
Total, .	61	25	27	12	20	32	-	9	16	21	3	6	6

REPORT OF THE PHYSICIAN FOR INSANE.

To the Board of Inspectors.

MESSRS. :—Having been appointed by your honorable board as Physician for the Insane in this Institution, I would beg leave to submit the following statement and Report.

The whole number of insane in this institution October 1, 1874, is three hundred and nineteen: Males, ninety-four; females, two hundred and twenty-five. There are two hundred and ninety-one beds in the building for the insane. There are, therefore, twenty-eight more insane in the institution than there are beds in the building for the insane.

Recapitulation.

Whole No. insane men,	94
“ “ “ women,	225
“ “ “ in institution,	319
No. beds in building for insane,	291
Excess of insane over No. of beds,	28

This part of the institution was designed for a very unfortunate class of mankind—the incurable but yet harmless insane. No insane, therefore, should be brought to this institution who are not incurable beyond the shadow of a reasonable doubt. For if an insane person has any chance of recovery in a hospital for the insane, that chance would be greatly diminished, or perhaps entirely lost, by his being brought to this institution. There should also be great care taken to have none but the harmless insane brought here; not merely harmless where they have the quiet and restraint of a hospital for the insane, but in such a condition as to be

harmless where there is more of noise and excitement and less of restraint. But there is another consideration that should by no means be lost sight of; *i. e.*, the comfort and happiness of the insane person himself, and that of others with whom he may be placed. With the present arrangement of the building for the insane, there are liable to be during the day from sixty to seventy-five insane persons occupying a room whose superficial dimension is about forty by fifty feet. Under such circumstances, it is very easy to see how one might annoy and trouble another; indeed, it is quite difficult to understand how it can be otherwise, unless they have become so much demented that all their senses are somewhat blunted,—just the class of insane the building was originally designed to accommodate. And although such a class of insane must inevitably sink, more or less rapidly, into the grave without any reasonable ground to hope that any of them will ever regain either their accustomed mental or physical strength, yet the philanthropic spirit of the State will not withhold from this class—its hopeless and helpless insane—anything that can contribute to their mental or physical comfort and well-being, whether it be pure air or things of lesser importance, that may tend to render their dreary journey of life less dreary.

The subject of ventilation is a question that is now being carefully studied by all who have the care or oversight of public institutions. But in my opinion any or all the practicable methods of ventilation ever devised would be inadequate to ventilate a room forty by fifty feet, that contained from sixty to seventy-five insane persons, so that an individual going into the room from out of doors would not discover that the air was vitiated; especially if, as is the case here, many of the insane were untidy in regard to their clothing and uncleanly in their personal habits. In my opinion, the only way a suitable ventilation can be secured, with the present number of insane, is by remodelling the building, so that no more than twenty or twenty-five insane shall occupy the same room. In my opinion such a division of the insane, and consequently a classification of them, would do much to improve their mental and physical condition, and correspondently contribute to their comfort and happiness. It would

also make it possible to adopt a course of treatment with any of the insane whose mental condition it might seem possible to improve by the aid of medicine. I would recommend that each sitting-room be furnished with a table, upon which papers, if not books, may be placed; and also that they be provided with means for playing games of amusement, such as backgammon, checkers, cards, etc. There seems to be almost a necessity that the institution should have more hospital room to meet the increasing demand of its sick. Hence the idea of a separate hospital for the sick insane rises almost spontaneously in the mind of every careful observer. But, without any regard to any need of increased hospital room, it is very evident, for several reasons, which might be easily adduced, that the sick insane should be in a hospital by themselves. Humanity itself demands it. A subject of so much importance cannot be too strongly or too earnestly urged for your careful consideration. The time of my assignment to the care of the Insane was so near the end of the financial year of the Institution, that I deemed it not best to commence a separate record of sickness and mortality for the Insane until October 1, 1874, the beginning of a new year.

Respectfully submitted,

JAMES M. WHITAKER, M. D.,

Physician for Insane.

STATE ALMSHOUSE, TEWKSBURY, October 1, 1874.

